

ABSTRACT OF THE DISCLOSURE

Volatile components are obtained by steam extraction of tasty materials. Coffee beans following roasting or tea leaves following tea manufacturing are used as tasty materials. Steam extraction includes of processing in which steam is contacted with a tasty material followed by recovery of the steam after that contact. Saturated water vapor or super heated steam is used for the steam, while super heated steam is used preferably. The coffee beans are preferably those that have been obtained by roasting raw coffee beans using super heated steam. The food or drink contains the aromatic components, and preferably contains the volatile components as well as an aqueous extract of the tasty material.